

“The last thing you want to think about the day after Thanksgiving — when you are coming out of that tryptophan haze — is food. But with leftovers in the fridge and maybe family staying overnight, mashed potato pancakes make a great breakfast or brunch. If you are like me, your mashed potatoes already are loaded with sour cream and butter, so they will be set in the morning for this recipe.” — *Christine Willmsen*

Mashed potato pancakes (makes 8)

Ingredients:

- 4 cups mashed potatoes
- 1 egg
- ¼ cup flour
- ⅛ cup sour cream (if not incorporated when the potatoes were first made)
- 1 tbsp. dried parsley or chives
- 3 tbsp. canola or vegetable oil
- *Optional:* ½ cup breadcrumbs

Keep mash potatoes cold. Mix in one egg, ¼ cup flour, sour cream and parsley or chives. Form ½ cup balls with your hands or a large spoon, dust with breadcrumbs if you like them.

Warm pan to medium high heat, add canola or vegetable oil and wait for about three minutes or until hot. You want that pan hot to brown your spuds. Place 3-4 of them at a time in the pan, press down to create a thick pancake.

Cook on one side for about 3 minutes, or once it browns, flip with a wide spatula and brown the other side for another 2-3 minutes. Let cool slightly and serve.

Any of these toppings are delicious with your high carb, not-so-healthy dish:

- Crushed hot pepper flakes
- Hot sauce
- Warm turkey gravy
- Melted cheddar cheese
- Sprinkles of garlic and celery salt
- More sour cream and butter

Christine’s tip: You can turn this into a version of an English breakfast by adding canned baked beans, fried eggs, sausage and some sliced tomatoes. Your friends and family will dive headfirst into a food coma, just in time for the next football game.